

Physical Education Resources

National Resources

1. National Association for Sports and Physical Education (NASPE). The National Association for Sport and Physical Education seeks to enhance knowledge and professional practice in sport and physical activity through scientific study and dissemination of research-based and experiential knowledge to members and the public. <http://www.aahperd.org/naspe/template.cfm>
2. Department of Health and Human Services Centers for Disease Control and Prevention (CDC). Nutrition and Physical Activity website. <http://www.cdc.gov/nccdphp/dnpa/>
3. Department of Health and Human Services Centers for Disease Control and Prevention (CDC). **Promoting Physical Activity: A Guide for Community Action**. *Promoting Physical Activity* shows you how to facilitate behavior change both from an individual and a community perspective. Using a social marketing and behavioral science approach to intervention planning, the text guides you step-by-step in addressing your target population's understanding and skills, the social networks, the physical environments in which they live and work, and the policies that most influence their actions. http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/community_guide.htm
4. VERB™ It's what you do. Centers for Disease Control and Prevention (CDC) Youth Media Campaign. This is a national, multicultural, social marketing campaign* coordinated by the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC). <http://www.cdc.gov/youthcampaign/>
5. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD). The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle. http://www.aahperd.org/aahperd/template.cfm?template=aahperd_about.html
6. Action for Healthy Kids (AFHK). The only nonprofit organization formed specifically to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school. They work in all 50 states and the District of Columbia to improve children's nutrition and increase physical activity, which will in turn improve their readiness to learn. Go to this website and find Arizona's state team of AFHK! <http://www.actionforhealthykids.org/>

7. Coalition for a Healthy and Active America (CHAA). As a non-profit national grassroots coalition, **CHAA** is a vigorous advocate for developing healthy and active lifestyles for America's youth.
<http://www.chaausea.org/index.asp?Type=NONE&SEC={09E62C65-EBB9-475D-898F-AAA2EF402667}>
8. National Coalition for Promoting Physical Activity (NCPA). Mission is to unite the strengths of public, private, and industry efforts into collaborative partnerships that inspire and empower all Americans to lead more physically active lifestyles.
<http://www.ncppa.org/physactfactsheets.asp>
9. The President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations.
<http://www.fitness.gov/>
10. National Standards for Physical Education, 2nd Edition. This text establishes content standards that clearly identify what students should know and be able to do as a result of a quality physical education program. The second edition reflects the most current research and theory about physical education.
<http://www.aahperd.org/naspe/publications-nationalstandards.html>

Local Resources

1. Arizona Department of Education. **Comprehensive Health Education Standards**. <http://www.ade.az.gov/standards/health/default.asp>
2. Arizona Department of Health Services, Division of Public Health Services. **Physical Activity Program**. Be sure to click on the Active Arizona for Life – Schools subcommittee link off this website.
<http://www.azdhs.gov/phs/physicalactivity/index.htm>
3. Arizona Department of Health Services, Division of Public Health Services. **Arizona Nutrition and Physical Activity State Plan**.
<http://www.azdhs.gov/phs/oncdps/opp/pdf/opp6.pdf>

Other Resources

1. PE Central. The premier website for health and physical educators. Their goal is to provide the latest information about developmentally appropriate physical education programs for children and youth. <http://www.pcentral.org/>
2. Physical Education Digest. This is a quarterly e-magazine that provides the latest ideas, tips, coaching cues and research on sports, fitness and physical education topics from around the world - condensed into brief, easy-to-understand articles that you can really use. <http://www.pedigest.com/>

3. Physical Education Framework created by the California Department of Education. K-12.
<http://www.cde.ca.gov/re/pn/fd/documents/pefrwk.pdf#search='physical%20education'>

Curriculum

Add link to curriculum website

Evaluation

1. Physical Activity Evaluation Handbook. Developed by the National Centers for Disease Control and Prevention (CDC). This book guides you through the process of evaluating your physical activity program. Assess and improve your programs with this user-friendly guide!
<http://www.cdc.gov/nccdphp/dnpa/physical/handbook/index.htm>